**📝 Activity 3: Self-Esteem Journal – Digital Diary**

**🎯 Activity Introduction (Voice-Over)**

"Your self-esteem grows when you recognise your strengths and progress. In this activity, you will write in a digital journal to record your thoughts and goals."

**🛠️ Developer Guide Instructions**

* Provide a **fillable journal** with guiding prompts.
* Each entry box should allow learners to type responses.
* Entries should be saved privately for learner reflection only.
* Include a system message if any field is skipped.
* Keep layout simple, clear, and free from extra decoration.

**📱 Learner Instructions (On Screen)**

Write in the journal by completing each sentence prompt. Save your entries for future reflection.

**💡 Hints (On Screen)**

* "Even small achievements count, such as being a good listener."
* "Think about what makes you smile or feel capable."
* "Use real examples from your daily life."

**🧱 Activity Content**

**Journal Prompts (Fillable fields):**

* "Things I like about myself…"
* "I am good at…"
* "I feel confident when…"
* "Actions I will take to improve my self-esteem…"

**💬 General Facilitative Feedback**

* If all fields are completed:  
  *"Well done! You are reflecting clearly on your strengths and areas for growth. Keeping track of these helps you build self-esteem over time."*
* If any field is left blank:  
  *"Take another look. Try to fill in every section, even with a small example. Each response helps you reflect more deeply on your self-esteem."*

**🔚 Activity Conclusion (Voice-Over)**

"This journal is your safe place to record strengths and challenges. It helps you recognise progress and build self-esteem over time."